



Veggie-Loaded Sloppy Joes

Serves: 6 **Serving Size:** $\frac{3}{4}$ cup meat + 1 sandwich bun

Nutritional Facts (per serving):

270 calories, 33g carbohydrates, 21g protein, 6g fat

Ingredients

- Vegetable oil cooking spray
- 1 pound extra-lean ground beef
- 1 small green bell pepper, diced
- 1 small red bell pepper, diced
- 1 small onion, diced
- 1 tablespoon white vinegar
- $\frac{3}{4}$ cup ketchup
- 2 tablespoons prepared mustard
- 6 whole-grain or mixed-grain sandwich buns
- 1 sweet onion, thinly or thickly sliced (optional)

Directions

1. Spray a medium skillet with the cooking spray.
2. Combine the ground beef, diced peppers, and onion in the skillet. Cook on medium heat until the beef is thoroughly cooked, 8 to 10 minutes.
3. Mix the vinegar, ketchup, and mustard together, and add to the beef mixture; simmer 10 to 15 minutes.
4. Scoop one portion onto each sandwich bun. Top with a slice of sweet onion (optional).